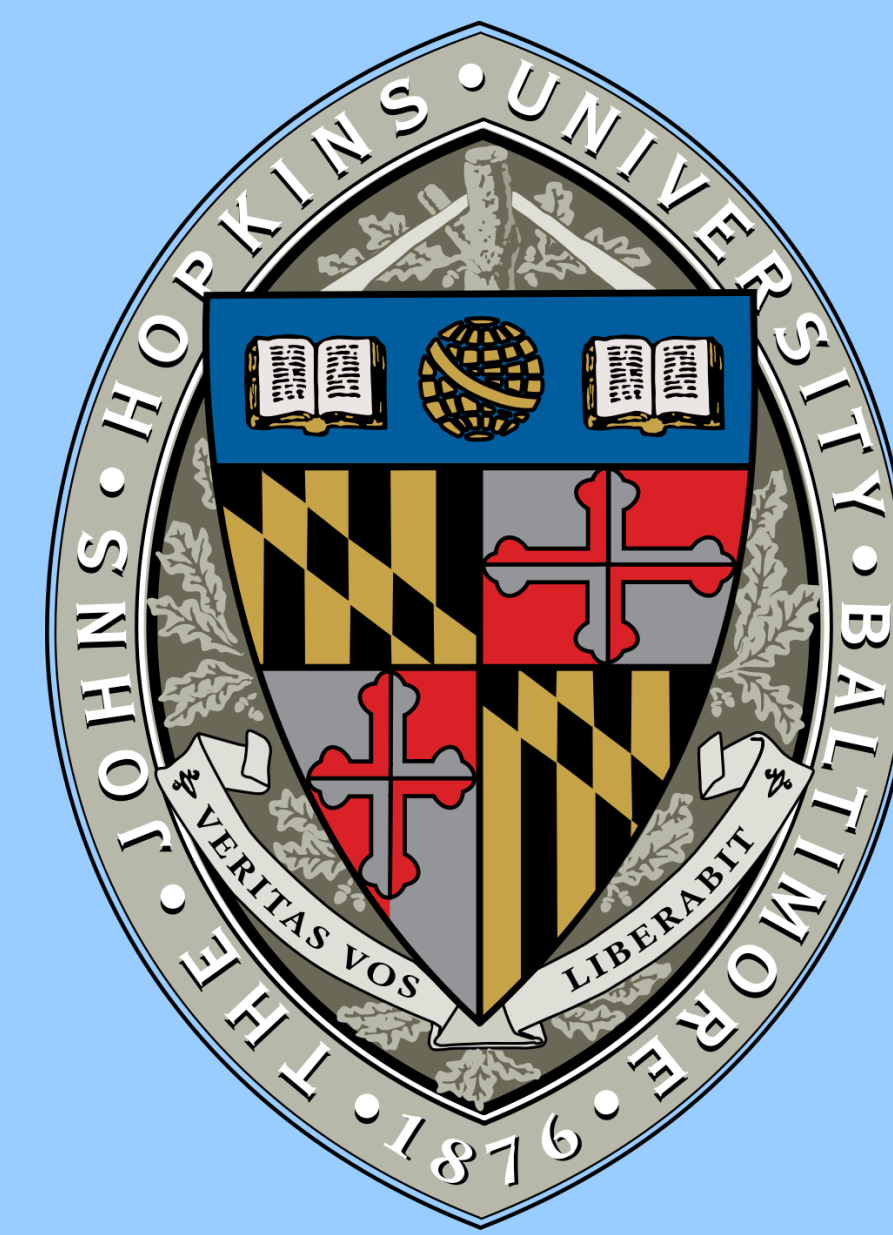


# Making Hopkins Baby Friendly Through Safe Milk Storage and Skin to Skin

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## 1 Background

- In December, 2015, Johns Hopkins Hospital (JHH), was designated as a Baby-Friendly hospital.
- BFHI is a global initiative of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).
- Baby-Friendly Hospital Initiative (BFHI) in the United States is predicated on the fact that human milk fed through the mother's own breast is the normal way for infants to be nourished. There is an abundance of scientific evidence that points to lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Breastfeeding is the natural biological conclusion to pregnancy and an important mechanism for the continued normal development of the infant. With the correct information and the right supports in place, under normal circumstances, most women who choose to breastfeed are able to successfully achieve their goal..
- Breastfeeding is an integral part of the immediate mother-baby bonding and fosters normal development of the infant.
- The primary aspect of the project was concentrated on the quality of breast milk storage and management, throughout the Bloomberg Children's Center.
- The project then advanced to promoting proper implementation of Kangaroo Care, also known as, skin-to-skin. The hope of the project is to standardize Kangaroo Care as an intervention in the NICU.

## 2 Methods

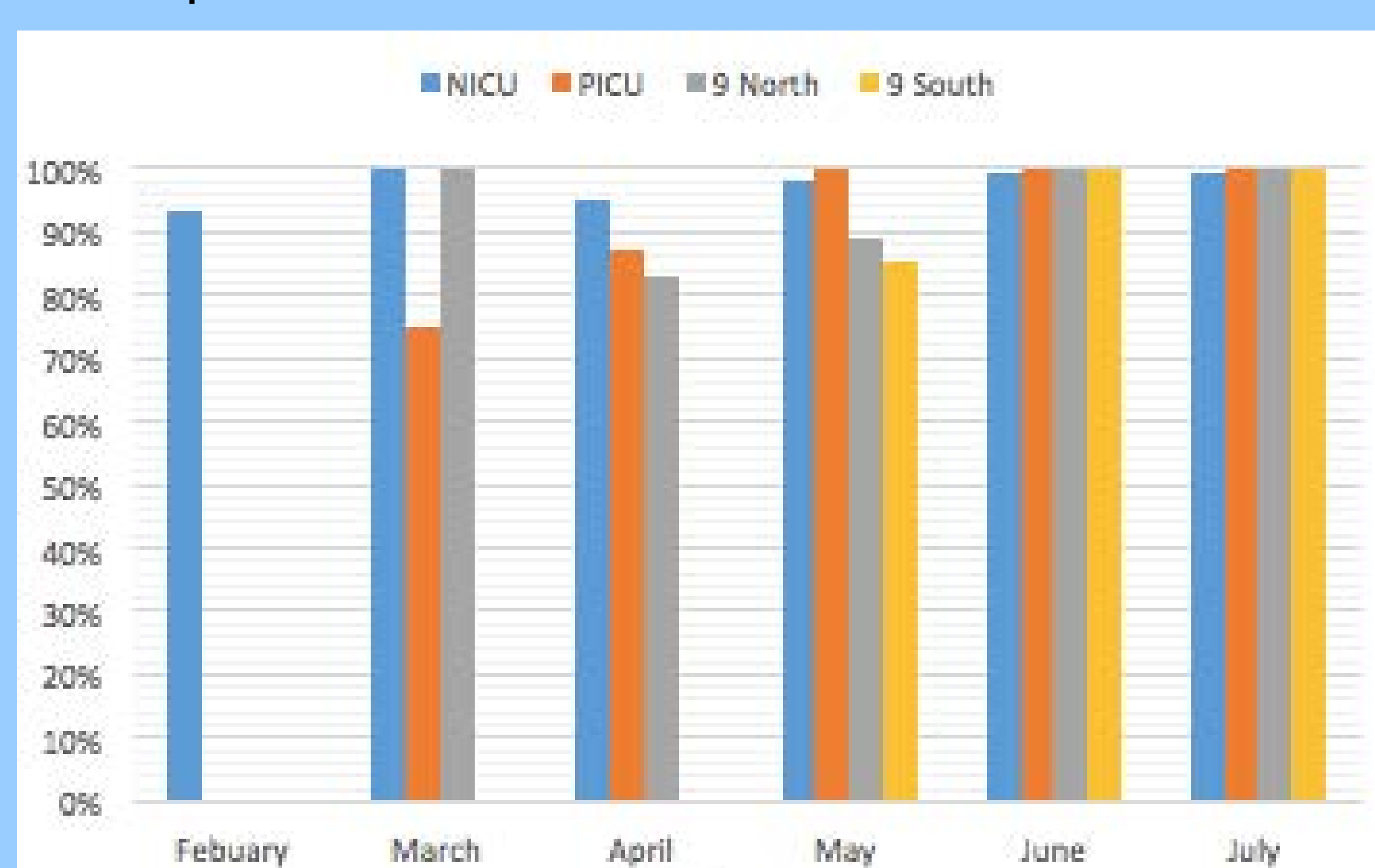
- The project was initiated by designing an audit tool that addressed pertinent policies of breast milk storage. For example, every bottle must have the correct hospital label, that includes name, MRN, and pumped date/ time, and every patient must have a designated bins for the bottles with the correct label on the front.
  - After the audit tool was finalized, each unit storing breast milk was audited randomly throughout the year.
  - The results were synthesized and feedback was provided to the units. Then a follow-up audit was conducted.
  - Currently the focus of the project is to implement Kangaroo Care.
  - The Plan, Act, Study, Do (PASD) method is being utilized for implementation.
  - Patient and nurse education tools were compiled to increase awareness of the importance and significance of Kangaroo Care.
  - These educational tools will be distributed and applied by the NICU staff.
  - The results of implementing Kangaroo Care will be assessed.
- The results will assist in enabling Kangaroo Care to be implemented on all pediatric units.

Date		00/00/0000
Patient name		Smith, BB (Example)
Patient MR#		12-345-678
Patient transferred(yes)		
Patient discharged(yes)		
Freezer	printed label/name and MR#	4
Bins	all multiple labels(twins/triplets)	3
	closed/covered	3
	clean(only pt sticker and name alert)	2
	total # bins	4
	% labeled correctly	100%
	% labeled correctly,closed/cover, clean	75%
Freezer	printed label/name and MR#	48
Bottles	all multiple labels(twins, triplets)	50
	OSH label only	40
	hand written label only	1
	mother's label only	1
	date(no time)pumped	50
	date & time pumped	48
	not expired	48
	total # bottles	50
	# incorrect patient bottles	0
	% labeled correctly(printed label)	96%
	% labeled correctly, date&time, not expired	96%
	% labeled correctly, date, no time, not expired	97%
Refrigerator	printed label/name and MR#	2
Bins	all multiple labels(twins/triplets)	N/A
	closed/covered	1
	clean(only pt sticker and name alert)	1
	total # bins	2
	% labeled correctly	100%
	% labeled correctly,closed/covered,clean	67%
Refrigerator	printed label/name and MR#	28
Bottles	all multiple labels(twins, triplets)	28
	OSH label only	1
	hand written label only	0
	mother's label only	1
	date(no time)pumped	30
	date & time pumped	28
	not expired	28
	total # bottles	30
	# incorrect patient bottles	0
	% labeled correctly(printed label)	93%
	% labeled correctly, date&time	93%
	% labeled correctly, date, no time	97%
Fortifier	total # bottles	4
	not expired	4
	% not expired	100%
Penguin	printed label/name and MR#	2
Liners	date/time of first use/RN initials	1
	not expired(changed q 12 hr)	1
	total # liners	2
	% correct	67%

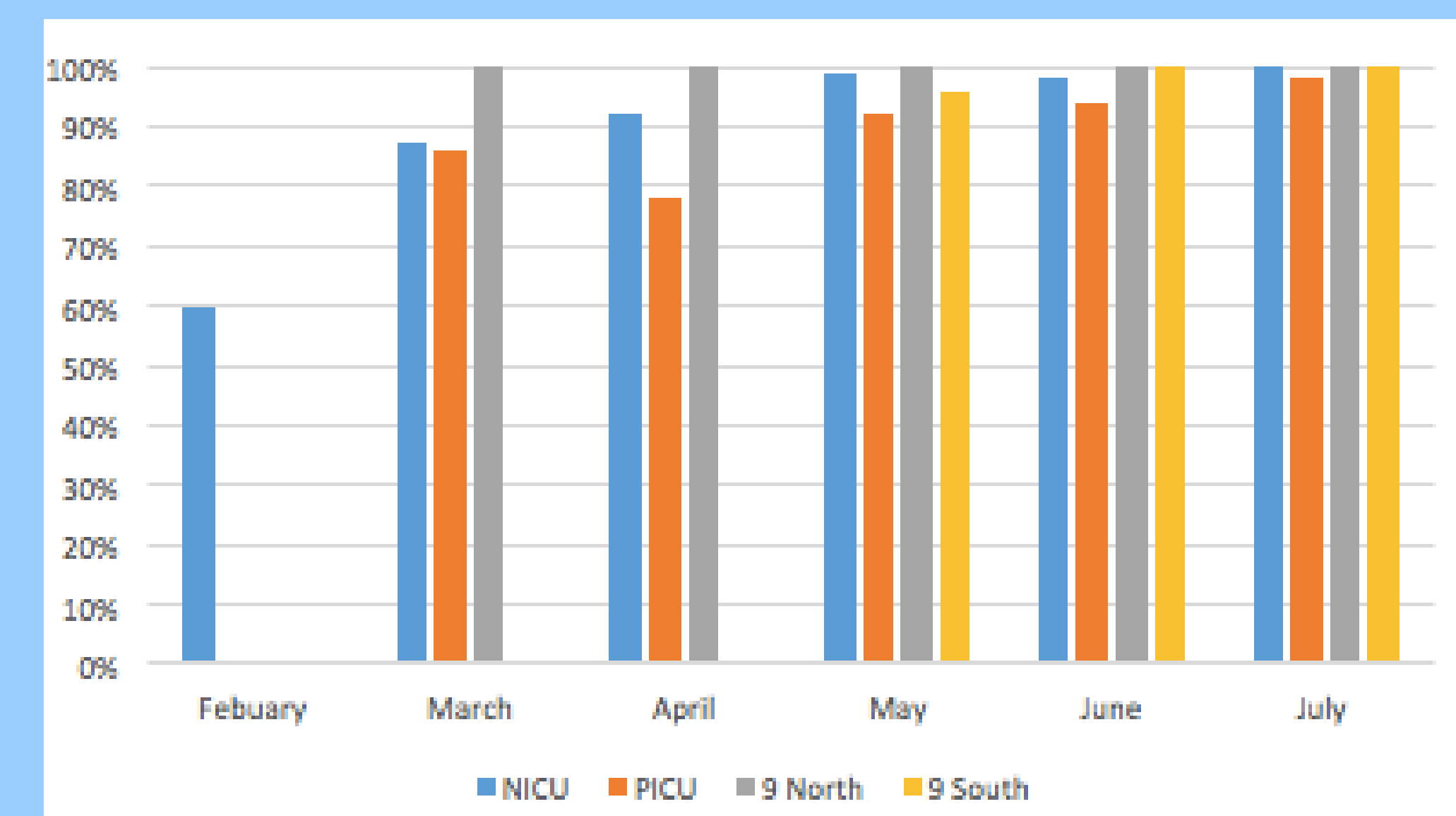
This is the audit tool used to audit the units storing breast milk.

## 3 Results

The results were synthesized and attention was focused on lacking areas. The area requiring the most improvement was labeling the bottles and bins of multiples. Multiples are required to have each baby's MRN number on the bin or bottle; however, many units placed the label of only one baby on the bin or bottle. Another lacking area was out of hospital labels. The units were then re-audited and once again protocols were reinforced. There was significant improvement in all the breast milk storing units. The results were extremely encouraging as the units progressively improved.



Results of audit on proper bin storage on the units.



Results of audit on proper storage of bottles containing breast milk.

## 4 Conclusions

In regard to improving the storage and handling of breast milk, the project was extremely successful. The final audit was done July, 2016 and majority of the units scored 100%. The NICU was the only unit scoring below 100% at a 99%. There was a 36% increase in proper bin storage for the PICU. All the units, excluding PICU scored 100% on individual bottle storage. This was a 40% increase for the NICU and a 32% increase for the PICU. In general, this project improved breast milk storage awareness and many of the nurses were educated regarding proper labeling and storage.

## 5 Future Directions

The policies and protocol for Kangaroo Care are uniquely NICU policies. The hope for this project is that policy regarding breastfeeding and Kangaroo Care can become standardized among all the pediatric units.

## 6 References

1. [http://www.hopkinsmedicine.org/gynecology\\_obstetrics/specialty\\_areas/maternal\\_fetal\\_medicine/services/birthing\\_center/baby\\_friendly.html](http://www.hopkinsmedicine.org/gynecology_obstetrics/specialty_areas/maternal_fetal_medicine/services/birthing_center/baby_friendly.html)
2. [http://hopkinsworklife.org/family\\_support/breast\\_feeding\\_support/](http://hopkinsworklife.org/family_support/breast_feeding_support/)

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